



Notes for a New Normal



A competition for you

A new future is beginning...

things will not go back to quite the old normal...

some people had a harder time than others...

Can you think what a better “new normal” would be like?

What needs to change to make it fairer?

You can write a letter, make a video, draw a picture, a mind map, thoughts on a sticky note or anything else you think of...

To Enter the Competition:

If you are under 18 and live in the Highlands, complete [an entry form](#) and **send your “notes”** (written piece, picture, podcast, mindmap) with your name and an email address **to Gillian Newman** by the end of November:

Post to: Notes for a New Normal,
Cromarty IV11 8XG

Email: chat4change@HCYPF.org

WhatsApp: 07789680812

Ideas💡:

What would help children to be happier?

How can we make things more fair?

What would help you and your family?

Prizes: there will be 1st and 2nd place prizes for each age group – vouchers to enjoy Highland activities opening up again – prize winners announced in January